



Matthew Farrell, MD
Family Medicine
Adults/Adolescents/Pediatrics

Brookfield Office
60 Old New Milford Road Suite 2A
Brookfield, Connecticut 06804
WesternConnecticutMedicalGroup.org

203.775.8385 phone
203.740.3010 fax

Issue Brief: H.B. 5266 RE H.B. 5440

AAC Medicaid Coverage for Diabetes Prevention and Self-Management Education Services

I am writing in support of the above stated house bill. I am a practicing family physician in the Greater Danbury community since 1985. My board certifications include Family Practice and Geriatric Medicine. In my practice of medicine, I treat patients with prediabetes daily.

- The Diabetes Prevention Program is the most effective proven intervention to reduce the 10 year risk of Prediabetes progressing to Type II Diabetes.
- This CDC evidence based program reduces risk by 58% to 71% depending on the age of the participant compared to drug therapy that reduces risk by 35%.
- This lifestyle change program is more cost effective than drug or surgical therapies.
- I have referred patients to the YMCA's DPP and they have been successful. They have increased their physical activity and are making healthier food choices that have resulted in the recommended weight loss of 5-7%. Test results show they have significantly reduced their risk of developing diabetes.

Patients I have diagnosed with Type I and Type II Diabetes I refer to the Diabetes Self-Management Program that is part of the Western Connecticut Health Network. I strongly advocate that my patients living with diabetes learn and practice the seven self-care behaviors: healthy eating, being active, blood sugar monitoring, and compliance with medication, problem solving, healthy coping and reducing risks.

The Diabetes Prevention Program and the Diabetes Self-Management Education program should be available to all including those on Medicaid and Medicare to improve quality of life for the patients we serve and reduce long term health care costs caused by diabetes complications.

Respectfully submitted,

Matthew M. Farrell, MD